



# InShape

## West Valley City Fitness and Recreation Center News

### Host Your Next Birthday Party at the Family Fitness Center

**Who:** 10 kids & 2 Adults  
**When:** Monday-Sunday  
**Where:** Party room A, B, or Edutainment  
**Fees:** Option 1 \$70  
Option 2 \$90  
Option 3 \$120

**All Options include the following: (for additional charge, cake, invitations and themed decorations can be added)**

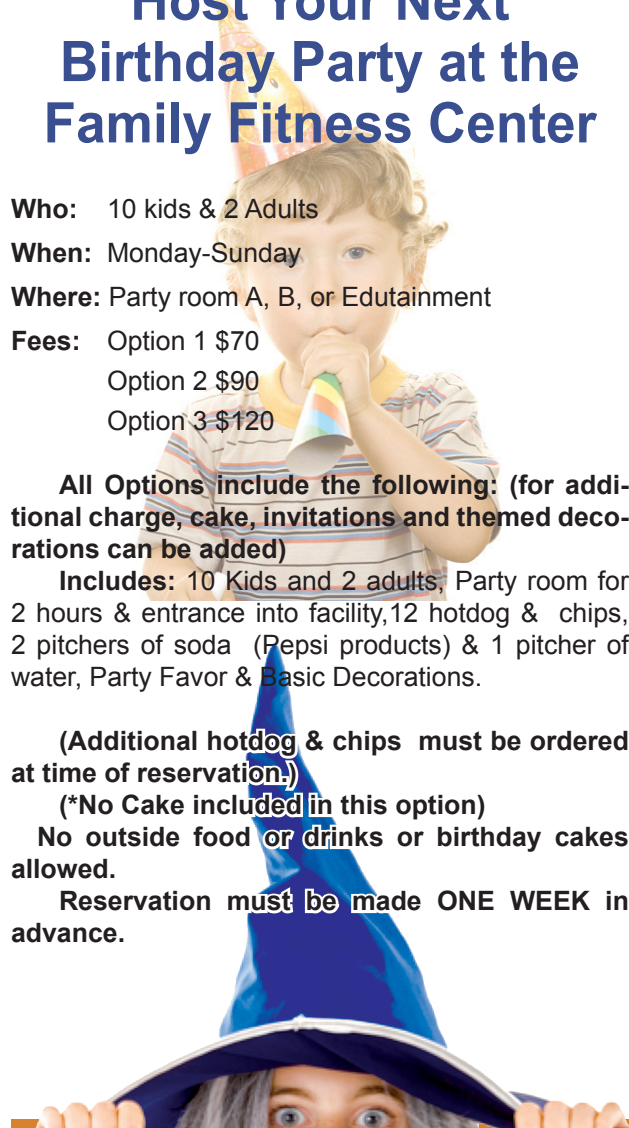
**Includes:** 10 Kids and 2 adults, Party room for 2 hours & entrance into facility, 12 hotdog & chips, 2 pitchers of soda (Pepsi products) & 1 pitcher of water, Party Favor & Basic Decorations.

(Additional hotdog & chips must be ordered at time of reservation.)

(\*No Cake included in this option)

No outside food or drinks or birthday cakes allowed.

Reservation must be made ONE WEEK in advance.



### Nightmare Alley

Can you handle hearing strange sounds everywhere? Do you like graveyards? Zombies? Vampires? Spiders? Creepy things that go bump in the night?

Friday, October 28  
7 – 10 p.m.

Friday, October 29  
7 – 9 p.m.

**Nightmare Alley Fees:**  
(Includes use of facility)

MEMBERS: \$3.00 per person

NON-MEMBERS: \$4.00 per person

**\*\*Buy 5 Tickets get the 6th one FREE\*\***

(Not recommended for children under age 8)

Tickets go on sale Monday, October 17th.  
Purchase at the front desk. No refunds.

**CALL 801-955-4000  
FOR MORE INFORMATION**

### Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

**Members - \$45/month  
Non-Members - \$50/month**

Registration deadline is the 1st of each month for the following month and is done on a month-to-month basis (\$5 late fee after deadline). Class size is limited so sign up early!

Sessions offered (choose either):  
Mondays & Wednesdays  
9 a.m. to 11 a.m. or 12 p.m. to 2 p.m.

Tuesdays & Thursdays  
9 a.m. to 11 a.m.

**For more information, call  
(801) 955-4000.**



### FREE Halloween Safety Fair

Saturday, October 22  
11:30 – 12:30 p.m.

Free for kids ages 12 & Under  
with parent or adult

Come meet Patch, McGruff and other special guests at our Halloween Safety Parade & Costume Contest (Categories include Scariest, Cutest and Most Creative).

Learn safety Trick or Treating safety tips, get a FREE Trick or Treat bag, and go Trick or Treating in the Fitness Center.

### Need a Before School or After School Program?

#### Before School Kamp (Kids 5-11 years old)

Monday – Friday  
7 a.m. – 8:25 a.m.

##### Activities include:

Yummy snacks, silly games, crazy crafts, super science, and much more!

\$20 per week per child OR \$4.00 per day per child  
(No refunds or Date Changes)

**Transportation provided to  
Valley Crest Elementary ONLY**

Children from any other school may attend however transportation WILL NOT be provided

#### After School Kamp (Kids 5-11 years old)

Monday – Friday  
3:30 p.m. – 6:00 p.m.

##### Activities Include:

Yummy snacks, super sports, rock climbing, arts, super science, swimming, Kidz ZUMBA, and more!

\$30 per week per child OR \$7.00  
per day per child

**After school Kamp includes  
transportation from Monticello  
Academy, Valley Crest, Monroe, Whittier,  
and Wright Elementary Schools to the  
West Valley City Family Fitness Center.**

*Children from any other school may  
attend however transportation  
WILL NOT be provided.*

**Those wishing to participate in both the  
Before and After School Kamps,  
the cost is \$45 per week per child OR  
\$9 per day per child.**

**Registration is due by Wednesday  
at 1 p.m. the week prior to the  
beginning of camp. No late registrations  
or date changes accepted.**



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

